

HOW TO KEEP FROM STRESSING OUT

You Asked for It – Part 2

Rev. Steve Norman

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PHILIPPIANS 4:6-13

“If you do THESE THINGS you will experience God’s peace which is far more wonderful than the human mind can understand. His peace will keep your thoughts quiet and your heart at rest as you trust in Christ Jesus.” Philip. 4:7 (LB)

1. **REFUSE TO WORRY ABOUT ANYTHING**

“Never worry about anything...” Philipians 4:6 (NLT)

JESUS SAID...

- **WORRY IS UNREASONABLE**

“Don’t worry about your life, what you’ll eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?” Matthew 6:25

- **WORRY IS UNNATURAL**

“Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?”

Matthew 6:26

“And why worry about clothes? Look at the field lilies! They don’t worry about theirs. Yet King Solomon in all His glory was never clothed as beautifully as they.” Mathew 6:28-29

- **WORRY IS UNHELPFUL**

“Who of you by worrying can add a single hour to his life?”

Matthew 6:27

- **WORRY IS UNNECESSARY**

“If God cares so wonderfully for flowers that are here today and gone tomorrow, won’t he more surely care for you, O you of little faith?” Matthew 6:30

“Unload all your worries on God since He is looking after you!” 1 Peter 5:7 (JB)

2. **PRAY ABOUT EVERYTHING!**

“Never worry about anything. Instead in every situation let God know what you need in your prayers and requests...”

Philipians 4:6 (GW)

“You do not have, because you do not ask God.” James 4:2

“Since God did not spare even his own Son but gave Him up for us all, won’t He who gave us Christ, also give us everything else we need?” Romans 8:32 (NLT)

3. **THANK GOD IN ALL THINGS!**

“...When you ask God for what you need also thank him for all He’s done.” Philipians 4:6 (NLT)

“...always ask with a thankful heart.” (TEV)

“In everything give thanks, for THIS is the will of God in Christ Jesus for you!” 1 Thessalonians 5:18

4. **THINK ABOUT GOOD THINGS!**

“Fill your minds with those things that are true and honorable and right. Think about things that are pure and beautiful and respected. If anything is excellent or if anything is worthy of praise, think about those things.” Philipians 4:8 (NCV/NAS)

“You, Lord, will keep in perfect peace all who trust in You, and whose thoughts are fixed ON YOU!” Isaiah 26:3 (NLT)

5. **BE CONTENT WITH ANYTHING!**

"I have learned to be content whatever the circumstances. I know how to live on almost nothing or with everything. I have learned the secret of contentment in every situation, whether I'm well-fed or hungry, when I have more than I need or when I don't have enough." Philippians 4:11-12 (LB)

"Peace of mind makes the body healthy, but envy is like a cancer." Proverbs 14:30 (TEV)

*"It's better to only have a little with peace of mind, than to be busy all the time with both hands, trying to catch the wind."
Ecclesiastes 4:6 (TEV)*

HOW?

"I have the strength to face anything and everything by the power that Christ gives me." Philippians 4:13

"Obey God and be at peace with Him; this is the way to happiness." Job 22:21 (NCV)

MEMORY VERSE:

***"A heart at peace gives life to the body,
but envy rots the bones."
Proverbs 14:30***